

Dear Patient,

Thank you for coming to our office for your oral surgery treatment. Your treatment continues until healing is complete. In the event you feel the postoperative course is marked by an excess amount of pain, swelling or bleeding, do not wait for your next appointment to return. Please call us right away. (425)556-9795

THE DAY OF SURGERY

- **Discomfort and pain** arises as numbness subsides. At the first sign of pain or discomfort, take the pain medication prescribed. Please make sure you read the directions carefully before taking the medication. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.
- **DO NOT DISTURB THE AREA OF SURGERY.** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or rinsing as initial healing may be delayed, active bleeding restarted, or infection introduced.
- **BLEEDING.** Expect minor bleeding or oozing from the operative site. This bleeding may continue throughout the first day. For the first hour, keep firm pressure on the area of surgery by biting on the gauze sponge placed in your mouth at the office. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes to an hour. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting.

If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Firm pressure for 15-30 minutes usually controls the problem. Should active bleeding persist, please call the office.

- **PAIN FOLLOWING ORAL SURGERY** will be most severe within the first 6-8 hours after the operation. If you have to take the prescribed severe pain medication, remember to have some food intake prior to that and to start slowly. Please do not drink alcoholic beverages while taking prescription pain medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-48 hours, and there should be no more than the slight pain or discomfort after the third day. Persistent or increasing pain 3-4 days following oral surgery may be caused by early loss of the blood clot (dry socket) or infection. If you feel that this may be happening to you, please contact us so that we can help make you more comfortable.
- **LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Overexertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated on a pillow.
- **SWELLING RELATED TO THE SURGICAL PROCEDURE** usually develops during the first 12-24 hours following surgery, often increasing on the second day. It should begin to subside by the third day. Swelling can be minimized a great deal by wearing an ice pack on the swelling part of your face. You can use an ice pack of any kind and wrap it in a thin towel (even a frozen bag of peas will work) We recommend placing the cold pack on the area for 15-20 minutes and then take it off for 15-20 minutes and repeat as often as possible for the first 24 hours. This will help minimize swelling and discomfort in the surgical area. Anti-inflammatory medications, such as Motrin or Advil, also help decrease swelling. **We recommend for the first 48 hours after surgery to alternate every three hours a regimen of 600-800mg of Ibuprofen and then 1000mg of Tylenol.**

- **FLUID INTAKE IS IMPORTANT.** We suggest you start with clear carbonated beverages, such as ginger ale, Seven-Up, or Sprite. Once your stomach has settled, you can advance to other fluids such as water, teas, soda, broth, soups, or juices. We suggest avoiding dairy products initially, such as milk, milk shakes, and egg nogs. Also avoid hot liquids until the numbness has worn off, and the bleeding has stopped. It is important to drink plenty of fluids.
- **AVOID USING A STRAW FOR SEVERAL DAYS** as it may cause the blood clot to dislodge and delay healing.
- **FOOD SELECTION** is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated at this time. A nutritious diet throughout your healing process is most important to your comfort and temperament. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Once your stomach is settled, soups, broiled fish, stewed chicken, mashed potatoes, macaroni and cheese, and cooked vegetables can be added to your diet as your comfort indicates. Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition.
- **MEDICATIONS** - Take any special medication such as ANTIBIOTICS we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore take appropriate precautions. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.
- **AVOID SMOKING COMPLETELY**, smoking is an irritant and delays healing. The more you smoke, the slower the healing process will be. Please try to minimize smoking as much as you can. We strongly recommend against any smoking for the first 24 hours postoperatively because excess bleeding may occur and also contribute to development of a dry socket.
- **DO NOT DRIVE AN AUTOMOBILE** for 24 hours following surgery if you have had intravenous sedation, or if you are taking prescription pain medication.

IF YOU WERE INFORMED THAT A SINUS COMMUNICATION OCCURRED DURING SURGERY, as a result of the close relationship between the roots of your upper teeth and your sinuses, or if you have had some surgery that involved work near your sinuses or in your sinuses, please follow these instructions:

1. **DO NOT** blow your nose.
2. **DO NOT** sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
3. **DO NOT** smoke or use a straw.
4. **AVOID** swimming and strenuous exercise for at least one week.

*It is not uncommon to have a slight amount of bleeding from the nose for several days.
Please remember that occasionally a second procedure may be required if there is a persistent sinus communication.*

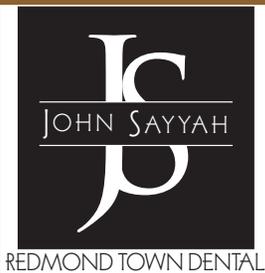
THE DAYS FOLLOWING SURGERY

- On the morning of the day following surgery, perform your regular oral hygiene procedures in all areas of your mouth not involved with the surgery. You may lightly and carefully brush the biting surface where there is packing. Do not avoid brushing the area as this will cause more inflammation in the area. After 24 hours it is important to gently rinse your mouth with warm salt water ($\frac{1}{4}$ teaspoon salt to 4 ounces warm water). We suggest a gentle rolling rinse and let the rinse dribble out, it is important to not spit or vigorously swish. Do this 3-4 or more times daily until your next appointment. Sometimes, special mouthwashes are prescribed and if so, use this mouthwash as directed. Please, for one week, avoid the use of Scope or Listerine as they contain alcohol. Please do not use a syringe or Water Pik® to aggressively rinse during the first week. This can dislodge the blood clot.
- **DO NOT WORRY ABOUT STITCHES.** Stitches (also known as sutures) are usually placed to control bleeding, aid healing and help prevent food from collecting in the surgical site - - especially for lower teeth. The sutures we use dissolve in 3 to 5 days and **DO NOT HAVE TO BE REMOVED.**
- **ANY SWELLING, SORENESS, OR STIFFNESS IN THE JAW MUSCLES** can be relieved by applying a warm moist towel to the affected side of the face several times a day. Moist heat should be used after the first 24 hours. If swelling, tenderness, or pain should increase after the first few days, call the office.

*Sometimes a soft diet may be necessary for the first few days following surgery.
Most patients are able to resume regular food intake within a short time.*

*Bruising marks may appear on the skin of the face during the first few days after surgery.
Moist heat application will help relieve this condition once again.*

- **WHAT ARE DRY SOCKETS?** Dry sockets continue to be the most common problem people experience following dental surgery. They arise due to premature loss of a blood clot in the empty tooth socket and affect approximately one out of five patients. This seems to occur with greater frequency in people who smoke or are taking birth control pills. While both jaws can be affected, they usually occur in the lower jaw on the third to fifth day. They cause a deep, dull, continuous aching on the affected side(s). Patients may first notice the pain starting in the ear radiating down towards the chin. It frequently begins in the middle of the night, and the Motrin medication usually doesn't help. Treatment involves placing a medicated dressing in the "empty" tooth socket. This will help decrease the pain and protect the socket from food particles. The effectiveness in alleviating the pain lasts for 24-48 hours and usually will require dressing changes every day or two for five to seven days. Dressings usually are removed when you have been pain free for 2-3 days. The dressing doesn't aid in healing. The only reason to place a dressing is for pain control. If Motrin is controlling the pain, the socket will heal without a dressing. An irrigation device will be given to you to help keep food particles from lodging in the extraction site following removal of the dressing.



Dentistry for Health and Wellness

F. John Sayyah, M.D., D.D.S., P.L.L.C

16701 NE 80th Street, Suite 200 Redmond, WA 98052

Faithful compliance with these instructions will add to your comfort and hasten your recovery. Be sure to follow these instructions carefully. Only in this way will you avoid the complications which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.

If you need to contact us after office hours, please call the office at (425) 556-9795.

We make every attempt to answer my emergency pager as promptly as possible. Occasionally, your messages do not reach our pagers. If you do not hear from the doctor on call within one-half hour, please call back and ask them to page the doctor again. Do this until your page has been answered by the doctor.

POSTOPERATIVE INSTRUCTIONS FOR SOCKET BONE GRAFTING

In addition to the general postoperative instructions, we would like to emphasize a few points.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by this. It is normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- **Do not** vigorously rinse or spit for 3-5 days.
- **Do not** apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- **Do not** lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- **For the first day, we would suggest letting the blood clot stabilize and not even rinse your mouth.** Following the first day, gentle rinsing would be advised but not too vigorously as you can again disturb some of the bone graft granules. If a partial denture or a flipper is placed in your mouth, you will probably have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.



Dentistry for Health and Wellness

F. John Sayyah, M.D., D.D.S., P.L.L.C

16701 NE 80th Street, Suite 200 Redmond, WA 98052

WHITE FILLINGS CARE INSTRUCTIONS

1. You will be numb for approximately 2-3 hours. During this time, do not eat or drink anything. When the numbness wears off, you may notice that your bite does not feel right. Should this happen, please call the office for a time to have your bite adjusted. Every effort is made to assure that your bite is correct before you leave the office, but due to the numbness you may not have closed in your normal bite. It is important to have your bite adjusted immediately, should you feel it is not correct.
2. You may experience tenderness or soreness in the area of the injection. This is normal and will subside in few days. However, if you have any swelling or discoloration of the face, please call the office right away.
3. The tissue or gums around your new dentistry may be tender or sore for a few days. This is normal. Warm salt-water rinses will help with any discomfort. Rinse 3-4 times daily with a teaspoon of salt to one cup or warm water 2-3 days and keep the area clean by brushing and flossing normally.
4. With any new dentistry, there is a healing time. During this time, you may experience cold and sometimes hot sensitivity. This is normal and may take several months to go away. You should notice the temperature sensitivity being less often and less intense over this time frame. Should you feel that you are experiencing more intensity or more frequent temperature sensitivity or that you feel you need to take pain medication, call the office to have follow-up appointment.
5. Your white filling is totally finished setting when you leave the office; therefore you may eat on your new filling when the numbness wears off. As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, raw carrots, etc.) because the resin material can break under extreme forces.
6. The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
7. Proper brushing, flossing, and regular 6-month (minimal) cleanings are essential to the long-term stability and appearance of your restorations. Often, problems that may develop with the fillings can be found at any early stage and repaired easily, while waiting for a longer time may require more extensive treatment.
8. When a tooth has a cavity the Dentist removes the decay and fills the void with a composite "white" filling material; the tooth supports the filling. The ideal filling is no more than 50% of the tooth. This leaves half the tooth to support the filling. When you get a cavity that takes up 60% or more of the tooth, a crown is indicated. A crown covers the entire tooth and holds the tooth together.